

FRESH TRACKS CAFE


Sandwiches & Wraps

Served with your choice of fries, soup, greens, or daily salad

BLT	\$17.00
Sourdough bread, bacon, lettuce, tomato, roasted garlic aioli	
Smoked Turkey Club	\$19.00
Smoked turkey, cheddar, bacon, lettuce, tomato, mayo, honey mustard	
Burrito	\$17.50
Refried pinto beans, roasted corn, jalapeno jack and cotija cheese, slaw, house-made salsa, guacamole, roasted jalapenos	
Add chorizo	\$2.50
3 Cheese Panini 	\$14.75
Cheddar, smoked cheddar, fontina, herb aioli	
Chicken Panini	\$18.00
Chicken breast, roasted red pepper, arugula, mozzarella, herb aioli	
Beef Dip	\$20.75
Roast beef, caramelized and crispy onions, fontina, roasted garlic aioli, with fresh rosemary dipping jus	
Glory Wrap 	\$15.25
Spinach, shredded carrots and beets, candied almonds, falafel, tahini dressing, wrapped in a flour tortilla	
Smoked Salmon Bagel	\$17.75
Smoked salmon, lettuce, sprouts, red onion, crispy capers, citrus cream cheese on Frantastic Foodz' locally-made bagel	
Saigon Sub (bánh mì)	\$19.00
Vietnamese pork and shrimp herbed meatballs, cilantro, pickled Asian slaw, nuoc cham, mayo, served on a baguette	

Burgers

Served with your choice of fries, soup, greens, or daily salad

WH₂O Burger	\$18.75
6oz patty, lettuce, tomato, onion, pickle, WH ₂ O burger sauce	
Summit Burger	\$20.25
6oz patty, cheddar, bacon, lettuce, tomato, onion, pickle, WH ₂ O burger sauce	
Grilled Chicken Burger	\$18.75
5oz chicken breast, smoked cheddar, crispy onions, lettuce, tomato, Antoinette's chili dip	
Fancy Pants Burger	\$21.00
6oz patty, greens, goat cheese, bacon, caramelized onions, roasted garlic aioli	
Powder Keg Burger	\$20.25
6oz patty, smoked cheddar, roasted jalapenos, Antoinette's chili sauce, lettuce, tomato, onion, pickle	
Huckleberry Trail Veggie Burger 	\$17.50
Mushrooms, lentils, oats, quinoa, sunflower seeds, almond flour patty with chipotle aioli, cheddar, lettuce, tomato, red onion, pickle	

Add-ons

Bacon	\$2.50
Cheese	\$2.00
Gravy	\$2.25
Miso mushroom gravy	\$3.25
Upgrade to Yam Fries	\$2.50
Upgrade to Poutine	\$3.50
Upgrade to Chili Cheese Fries	\$3.50
Upgrade to Yam Poutine	\$4.50

 = Vegetarian

 = Vegan

 = Wheat-free



FRESH TRACKS CAFE

Soups, Bowls, & Salads


Black Bean and Vegetable Chili  **\$12.50**
Served with cheese, sour cream, cornbread



Chili con Carne **\$14.00**
Served with cheese, sour cream, cornbread



Daily Soup **\$8.00**
Served with fresh bread


WH₂O Green Salad   **\$9.50**
Mixed greens, cucumber, tomato, carrots, roasted apple, caramelized onion, pea shoots, toasted seeds with our Nelson Olive Oil Co. cinnamon, pear, and black pepper vinaigrette

Glory Bowl   **\$14.50**
Brown basmati rice, marinated Silver King tofu, shredded beets and carrots, spinach, candied almonds, tahini dressing

Ymir Bowl  **\$16.00**
Coconut curry with potatoes, chickpeas, yam, red pepper, served with chicken or tofu on basmati rice, mango chutney, naan bread

Beet Bowl   **\$15.75**
Mixed greens, dijon dressing, raw beets, roasted beets, goat cheese, pumpkin seeds, dried cranberries, candied walnuts, pea shoots

Thai Bowl   **\$17.00**
Rice noodles, peanut dressing, carrots, cucumber, smoked tofu, sprouts, green onions, cilantro, roasted nuts and seeds

Glory-ous Noodle Bowl  **\$14.25**
Cold soba noodles, arugula, spinach, cucumber, carrots, green onions, cherry tomatoes, herbs, tossed with Glory dressing, topped with nuts and seeds

Snacks

Fries **\$7.00**

Yam Fries with chipotle mayo **\$8.75**

Add shredded cheddar cheese **\$2.00**

Dips **\$1.00**

Poutine **\$10.75**

Yam Poutine **\$12.25**

Sub miso mushroom gravy **\$1.00**

Chili Cheese Fries **\$12.00**

Yam Chili Cheese Fries **\$13.50**

Served with chili, cheese, sour cream

Sub vegetarian chili

Vernon Sausage All Beef Hot Dog **\$8.25**

Chili Cheese Dog **\$11.50**


Breakfast

Served until 11am

Breakfast Sandwich **\$7.95**

English muffin, fried egg, sausage patty, cheddar, sprouts, tomato, mayo

Add pan fries **\$3.00**

BELT  **\$11.00**

Locally-made bagel, scrambled eggs, cheddar, lettuce, tomato, mayo

Add bacon or WH₂O sausage **\$4.00**

Fresh Tracks Breakfast  **\$10.00**

2 eggs, 2 slices of toast, pan fries

Add bacon or WH₂O sausage **\$4.00**

Concentrator Breakfast Wrap **\$15.50**

Scrambled eggs, roasted red peppers, caramelized onions, cheddar, smoked ham, spinach, garlic aioli, served with pan fries and salsa

Sleeper Hash Bowl **\$16.50**

Over easy eggs, chorizo, cheddar, peppers, onion, spinach, green onions, pan fries

 = Vegetarian

 = Vegan

 = Wheat-free